

of the brain is made up from lecithin. Lecithin is an emulsifier. It is used in the manufacture of chocolate, because it keeps it liquid and it keeps it moving. Lecithin does the same thing for the fat in the human body; it keeps it moving, right out of the body.

Lecithin is a natural diuretic and an effective cholesterol reducer. It helps prevent the buildup of cholesterol on arterial walls, thus improving the circulation of the blood. One study that examined 900 men for atherosclerosis (fat deposits in the arteries) showed that those with more than 36% lecithin in the blood had no atherosclerosis. Those with less than 34% showed evidence of the disease.

Lecithin is also the source of two of the hardest to find B-Complex relatives, choline and inositol. A major function of lecithin is to supply choline in the diet. Choline (see entry) has the function of breaking down fat deposits in the body. Our bodies do not manufacture enough choline. Therefore, we must rely upon our food and supplements such as lecithin to make sure that we get enough.

Vitamin B6. Vitamin B6 aids in more bodily functions than any other single nutrient. It facilitates the body's use of carbohydrates, proteins and fats. It promotes mental performance by aiding in the transport of amino acids, which are used by the brain to increase mental energy and memory. It also promotes the transport of choline, and aids in the breakdown of glycogen, the primary fuel for the brain.

Ginseng. For centuries, the Chinese have testified to the beneficial effects of Ginseng on longevity. Ginseng provides stimulation to the entire body, helping to overcome stress and fatigue. Ginseng can regulate and normalize blood pressure and blood sugar levels. It has been called a cure-all and has also been claimed to be a mild sexual stimulant. Over all, Ginseng has a phenomenal effect on the body's energy level.

Zinc. Zinc is another important trace mineral that is used by more than 200 enzymes to keep the body's major metabolic systems going strong. In addition to its role in metabolism, zinc is a potent antioxidant, profoundly important in enhancing the immune system, stimulating cellular growth, reducing excess levels of damaging free radicals, and improving general health.

Mahuang. Mahuang, also known as ephedra, contains a potent alkaloid, ephedrine. This natural stimulant increases the basal metabolic rate, which helps to burn calories more effectively. It has also been used as a remedy for kidney and bladder problems, as well as for colds, asthma, and hay fever.

Kola Nut Extract. This is a natural stimulant that increases energy and stamina. It has been found to be very useful in preventing fatigue. Kola Nut Extract also acts as a tonic agent for the heart, and it is sometimes useful in relieving pain, neuralgia, and headache.

Spirulina. This famed blue-green algae contains concentrations of nutrients unlike any other single grain, plant or herb. This super nutrient is a naturally digestible food that aids in protecting the immune system, in cholesterol reduction and in mineral absorption. It also helps to cleanse and heal, while also curbing the appetite.

Methionine. Methionine is an amino acid that assists the gall bladder function by helping to synthesize bile salts. It is a lipotropic substance that prevents the deposits of and cohesion of fats in the liver. It is also reported to be a growth hormone releaser.

It serves as an antioxidant in the brain. It helps prevent the buildup of heavy metals and plays an important and essential

role in the production of the brain neurotransmitter choline. Methionine is not found in the body. Therefore, it must be gotten via food and supplementation. It is also a good source of sulfur, and its therapeutic lipotropic effects help to eliminate fatty substances from the body.

Each of these dietary substances can be found in TRIM SPECIFICS™, available from Vitamerica, Cedar Knolls, N.J., www.vitamerica.com.

Without further elaboration, it is believed that one skilled in the art can, using the preceding description, utilize the present invention to its fullest extent. The examples I discuss here are included as the preferred embodiment of my invention, and not to further qualify the description.

I claim:

1. A method for helping a tobacco smoker to stop smoking, said method comprising the steps of:

(A) providing to a tobacco smoker a non-conditioning, educational program to educate said tobacco smoker's conscious mind, said educational program including education both on the disadvantages of smoking and on conscious techniques to stop smoking,

(B) providing to said tobacco smoker at least one hypnosis program to train said tobacco smoker's subconscious mind to discourage said tobacco smoker from performing smoking behavior, and

(C) providing to said tobacco smoker an anti-smoking drug in an amount effective to aid in the reduction or cessation of said tobacco smoker's craving to smoke tobacco,

such that said tobacco smoker can be helped to stop smoking.

2. The method of claim 1, where said hypnosis program comprises prerecorded media useable by said tobacco smoker when alone.

3. A product to aid a tobacco smoker in ceasing to smoke tobacco, said product comprising:

(A) means for educating said tobacco smoker's conscious mind, said educational program including non-conditioning education both on the disadvantages of smoking and on conscious techniques to stop smoking,

(B) means for hypnosis to train said tobacco smoker's subconscious mind to discourage said tobacco smoker from performing smoking behavior, and

(C) an anti-smoking drug in an amount effective to aid in the reduction or cessation of said tobacco smoker's craving to smoke tobacco.

4. The product of claim 3, where said means for hypnosis comprises prerecorded media useable by said tobacco smoker when alone.

5. The method of claim 1, further comprising the step of: (D) providing to said tobacco smoker, at least one weight-control product, in an amount effective to aid in weight control.

6. The method of claim 5, where the weight control product includes at least one stimulant in an amount effective to aid in weight control.

7. The product of claim 3, further comprising: (D) at least one weight-control product in an amount effective to aid in weight control.

8. The product of claim 7, where the weight control product includes at least one stimulant in an amount effective to aid weight control.